

# We're Ready To Save a Life!

Now, you don't have to be a doctor to save a life. New Automated External Defibrillators make it possible for even non-medical personnel to restore heart rhythm — and life.

An Automated External Defibrillator (AED) is a machine that can monitor heart rhythms. It can tell if the heart has stopped beating effectively. If required, the machine can then deliver an electric shock to the heart. Most of the time, this shock will restart the heart.

Approximately 40,000 cardiac arrests occur in Canada every year - 80% outside of a hospital setting. With each passing minute, the probability of survival declines by 7% to 10%. Defibrillation improves survival rates by up to 30% if delivered in the first few minutes.

Our Bar staff and Russell Gregg received training from Scott Dyball (back row left) Lakeridge Base Hospital. Thanks to Emma Smith who looked after the Club room on the Sunday of training.



# Ladies Auxiliary Annual Christmas Craft and Bake Sale

This years Craft and Bake sale was held on November 10th and was the biggest and most successful yet.

Comrade Leila Wilson (pictured below) had over 40 vendors signed up for the day, Both halls had to be used to handle everyone.

The baked goods went very quickly and the White Elephant table was also doing a brisk business.

There certainly was a good turn out of LA volunteers to support the event.

Well done Ladies Auxiliary.



# Penny Drive for Operation Homefires

St Francis de Sales, along with nine other Catholic schools collected money in a penny drive for Operation Homefires. We had a official cheque presentation at our November 7th General Meeting.

From left to right: Mike O'Hara Branch 322 President, Deputy Zone Commander Lorraine Duncan, David Condon teacher, Michael Martini, David Malleau School Principal, Garrett Manguline and Chairman of Operation Homefires, Rob Rohrer.



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1550 Kingston Road  
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